

# MAY YOUNG ENGLAND SMOKE?

A Modern Question,

MEDICALLY AND SOCIALLY CONSIDERED.

*SECOND EDITION.*

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# MAY YOUNG ENGLAND SMOKE?

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## CHAPTER I.

### INTRODUCTORY.

1.—One of the most extraordinary phenomena in this world of wonders, and one of the most significant to the philanthropist, is the fascination exercised over the human race by a certain class of substances termed “narcotics.” In almost all ages of the world, in all climates, and in all social conditions, this fascination prevails. Whether it be ardent liquors, tortured by man’s ingenuity from fruit and grain ; or the juice of the poppy, or of hemp ; or the intoxicating fungus found in some regions of the globe ; some form of narcotic seems to be in use everywhere, and with the same remarkable results. Alcohol, opium, and tobacco, however, are the most generally known and most widely spread.

2.—The charm of this class of substances depends on certain nervous sensations of a pleasurable character ; and although these are followed by depression and suffering, often amounting to agony, the action of the narcotic is such that, by a fatal delusion, the victim is led to seek relief in another dose. Thus, by repeated use, a habit is formed and a craving established, whose power and intensity increase by indulgence.

3.—This craving, in a large number of cases, becomes extremely powerful, gradually breaking down all prudential and moral considerations. So alluring indeed is the weakness for narcotic indulgence, that it constitutes one of the most powerful means of exciting and stimulating the lower nature. While lessening the power of resistance, it multiplies temptation, increases their force, and closes the heart to purifying and ennobling influences.

4.—Our present inquiries are directed to the nature and effects of tobacco, especially upon the young. Though less obvious than alcohol in the social mischief produced, tobacco, startling as the

assertion may seem, is none the less *certain* in its injurious influence. It is capable of producing many of the worst evils usually ascribed to alcohol and opium, the main features of its action being essentially the same.

5.—With the general extension of the use of tobacco there has been a rapid increase of the practice of smoking among the young. Not only growing youths and young men, but even boys of tender age, have acquired the habit. Thoughtful persons look with alarm at children of six or seven years of age puffing the poisonous smoke, or chewing the noxious leaf, with the air of veterans. Smokers of riper years are peculiarly disgusted with the spectacle. Physicians assert that on the young and undeveloped frame the action of narcotics is mischievous in the extreme; resulting in a stunted and blighted manhood, and constant liability to disease of the most serious nature. With the body enfeebled, the powers of the mind impaired, and the *morale* destroyed, a proneness to evil associations is engendered, and thus in many cases the way is prepared for a vicious career.

6.—In every properly constituted human being there is a capacity for the development of a pure and noble and beneficent manhood, capable of enjoying intensest and most exalted pleasure, and of ministering to such pleasure in others; as well as a capacity, through perverted faculty, of extreme misery. A right estimate of the value of a single heart for joy or misery, for usefulness or mischief, would lead to earnest desire for the best possible influence on the rising generation of Englishmen, that they may grow up to be not a curse but a blessing, to themselves and others.

7.—Time and money are now being employed more freely than ever on the education of the young. But school influence will be of little avail, unless our youths are trained in habits of virtue and manly self-denial. In the following pages we have to trace the effects of tobacco in combating the labours of the educator, and in neutralizing the refining and elevating influences he brings to bear.

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## CHAPTER II.

### PHYSICAL EFFECTS OF TOBACCO.

8.—One of the most important requisites of a noble, happy, and useful life is good health. "A sound mind in a sound body" is a precious talent to be cherished with all solicitude, not only as a condition essential to enjoyment, but as a means of extended usefulness to others. Bodily health has also an important bearing on the higher nature. We cannot, therefore, too anxiously guard the young from any influence or habit tending to blight the physical system. Let us examine then whether the facts justify juvenile indulgence in tobacco.

9.—(1) *The direct action of a powerful dose of Tobacco proves it to be a poison.* The oil of tobacco, scraped from a foul pipe and applied to an external sore, has been known to cause death. A boy seven years old, who had tobacco juice applied to his head for ring-worm, died in three hours and a half. Nausea; disturbance of the brain and nervous system; giddiness, followed by convulsive action of the muscles, extending in extreme cases to the heart and chest, and succeeded by a deathly faintness and terror, are the effects of a powerful dose. Dr. Richardson, F.R.S., mentions the case of a boy who, while "learning to smoke," induced in himself, from the first few pipes, these signs in a degree that was painful to witness. "His heart having nearly ceased to beat, his sensation of impending death was terrible, while through the chest which was spasmodically fixed, there darted, whenever he attempted to breathe, a pain short and sharp as an electric shock. These spasmodic seizures lasted for many hours. Pushed to an extremity, the symptoms terminate in death from arrest in the beating of the heart." \*

10. (2) *Immediate Death sometimes results from Smoking.* Dr. Richardson narrates the case of a young man, an inveterate smoker, who died after smoking, in one day, forty cigarettes and fourteen cigars. "I found him with his pupils widely dilated, his skin cold, clammy and perspiring, his speech faltering, and his mind uncertain. His pulse was soft, and full and feeble, his utterance difficult, and his lower limbs paralysed. He died from organic nervous paralysis, with accumulation of fluid in the bronchial passages." The writer was recently made acquainted with the case of a young

\* "Diseases of Modern Life."

man who, having taken a tobacco shop, and having much leisure, smoked inveterately for eighteen months, at the end of which time he died, at the age of twenty-three, completely paralysed in every limb, leaving a wife and infant child entirely unprovided for. In America it is no uncommon thing for coroners inquests' over young men to record a verdict of "died from excessive smoking."

11.—(3) *Injury is caused by "moderate smoking."* Those who indulge in a more guarded manner must not dream that they escape. They may enjoy apparent immunity for a time, but the day of reckoning will surely arrive. Even those who admit that excessive smoking is injurious, sometimes plead that moderate indulgence is not so. As well might it be urged that a moderate breathing of foul and poisonous gas is not hurtful. It is a great truth that "in the physical world there is no forgiveness of sins." Injury, sooner or later, follows all habitual indulgence in narcotics. A man, known to the writer, was a steady smoker for more than forty years. One day he was seized with a violent pain in the region of the heart, extreme difficulty of breathing, and all the symptoms of *Angina Pectoris*. He went to bed, took medicine, and gradually recovered. He suspected that tobacco was the cause. For two weeks he abstained, and had no return of the alarming symptoms. He then recommenced smoking, and had another attack as violent as before. He now felt sure that the pipe was the cause, and at once resolved to abandon it. Two years have passed, and he has never had another attack, while his health and strength are marvellously improved. Before, he was very thin; had a pinched and anxious look, and a sallow complexion, and was nervous and feeble. He is now plump and fresh-coloured; has gained two stones in weight; his muscles are remarkably firm, and he has a fresh, joyous expression. This case, and multitudes of a similar kind, prove that in long-continued indulgence a morbid state of the vital organs is rendered permanent, so that a return to the habit, for ever so short a time, produces symptoms equal in their violence to those produced in constitutions un-used to the poison. In such cases, only entire abstinence can prevent a fatal issue. It is probable that many, lacking the knowledge or the moral power that was brought to bear in the case just given, persist in the practice till premature death closes the scene.

12.—(4) *Smokers are liable to a great number of diseases.* There are hereditary tendencies to disease which may lie latent through life, but which a noxious agent like tobacco may develop into fatal activity. Hence the infinite variety of diseases that can be traced to tobacco as their exciting cause. For example:—



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- (a.) *The Digestive Functions*.—Smokers, snuff-takers, and chewers of tobacco are very commonly dyspeptic; and fatal diseases of the stomach and bowels are known to result from those practices. Imperfect digestion necessarily enfeebles the general health, and lessens the power of the system to throw off special disease.
- (b.) *The Brain and Nervous System*.—On this point Dr. Conquest says, “As a medical man, I have no hesitation in affirming my conviction, based on large and extensive observation, that the use of snuff and tobacco must be classed with the worst evils existing in society. I doubt if, under any circumstances, the human constitution is benefitted by their employment; and language would fail me were I to attempt to detail the bodily and mental diseases they produce. In my now lengthened medical life I have often seen the worst and most intractable forms of indigestion, and the most distressing and fatal cases of stomach and liver disease, traceable to snuff and tobacco, and I am confident this poisonous weed produces every variety and degree of nervous derangement, from depression of spirits, to palsy, apoplexy, and insanity.” Dr. Jolly, a distinguished French physician, has shown that an intimate relation subsists between the increase in the consumption of tobacco, and that of insanity. It is also certain that snuff keeps up an irritability of the brain and nervous system, and in some cases produces violent forms of maniacal phrenzy.
- (c.) *General Paralysis* is one of the most common and marked effects of tobacco. Professor Lefebvre, of Loviano, has arrived at the following conclusions, as reported in the “Bulletin Génér. de Thérap.” :—(1) That nicotine determines in the animal the progressive abolition of movement, resembling paralysis; perturbation of the senses; and, finally, sanguineous congestion; sometimes accompanied by hemorrhages of the nervous centres of the members, and at other times giving rise to inflammation of the brain substance, and disorganization of the nervous cells. (2) That analogous phenomena are observed, that is to say, impairment of intellectual energy in persons submitted for the first time to the action of tobacco, and in certain numbers of those abusing the pipe and cigar. (3) That there has been found a constant relation between the augmentation of the consumption of tobacco and the increased number of cases of general paralysis. M. Bouisson, in words that ought to

arrest the attention of legislators, ministers, and leaders of thought, thus points out the depraved tendencies of multitudes in all classes in the present day:—"Our society seeks ardently for the excitors of intoxication and narcotism, without seeing that it is descending in another fashion to the manners which it reproaches in Eastern nations. Strong drink (especially absinthe), tobacco, venereal excesses, alter and render morbid the nervous actions, and generate nervous diseases, in continually increasing proportions; and especially that general paralysis which makes so many victims at the present day."

(d.) *The Respiratory Organs* are also influenced most injuriously by tobacco. Some writers maintain that tobacco is a direct cause of tubercular consumption. This is doubted by others, but all agree that where the disease exists, smoking greatly aggravates and confirms the evil, and so long as the practice is continued, renders cure impossible. This effect is produced indirectly by the impaired nutrition resulting from the irritating effect of tobacco on the respiratory organs themselves. When it is considered that pulmonary consumption is one of the most fatal forms of disease, carrying off about one-fourth of all the victims of disease in this climate, its aggravation by an unworthy indulgence like smoking cannot be too deeply regretted.

(e.) *Cancer*. Where a tendency to cancer exists, tobacco, no doubt, aggravates the evil; but, further, it is certain that the form of cancer known as "epithelioma," which attacks the mucous membrane lining the mouth, and the internal organs, is directly and frequently caused by smoking, and also by chewing, and in the nose itself by snuff-taking. M. Bouisson gives particulars of seventy-two cases of smoker's cancer which he had seen in fourteen years. The lower lip, the upper lip, the junction between the two, the gums, and cheeks, and tongue, are parts chiefly affected by this painful disease, when occasioned by indulgence in tobacco. The details of the sufferings of patients who have died from this disease are horrible in the extreme.

(f.) *The Teeth, Gums, and Throat* are injuriously affected by tobacco. Enlargement of the tonsils, and "smoker's sore throat," are almost invariably present. Dr. Richardson says, "I have known it affect a public singer very seriously, producing a



hoarseness and a want of firmness most annoying and painful. I have also known it keep up for a long time a persistent, irritative cough." Ministers and other public speakers, if they wish to preserve the voice unimpaired to the latest possible period, should scrupulously shun tobacco. Snuff also operates most injuriously on the tonsils and the organs of speech.

- (g) *Tobacco causes partial Paralysis of the Nerves of Sensation.* No one whose system is perpetually dosed with it can smell or taste, or hear or see, as delicately as he ought to do. In many instances, indeed, one or other of the faculties of sense is totally destroyed. On this subject Dr. Drysdale remarks as follows:—"The influence of tobacco on the eyesight is now well known. One of the symptoms produced in acute poisoning by tobacco is blindness; and chronic poisoning gives rise to similar symptoms. Mackenzie, of Glasgow, first noticed that male patients affected with one species of amaurosis were mostly great lovers of tobacco in some form. Sichel, of Paris, found some cases of blindness easily cured by cessation from tobacco. Hutchinson narrated, before the Royal Medical and Chirurgical Society of London, thirty-seven cases of a species of amaurosis, where twenty-three of the patients were great smokers; and Wordsworth has confirmed these views of Mackenzie and Hutchinson. "In one week I saw (in 1874) at the Royal London Ophthalmic Hospital, two cases of tobacco amaurosis in young men, neither of whom had attained the age of thirty. The first had chewed continually; and the second had smoked the enormous quantity of one ounce of shag tobacco daily. Both were completely and irretrievably blind from this dangerous habit." But weak sight is also commonly caused by snuffing as well as by smoking and chewing. Tobacco amaurosis is now much more common than it used to be. Mr. Couper, of the Royal London Ophthalmic Hospital, says that patients with tobacco amaurosis describe themselves as always living in a dim light, even at noon-day. Mr. George Critchett, the great London authority on diseases of the eye, states that he is constantly consulted by gentlemen for 'commencing blindness' caused solely by smoking, which he condemns, therefore, in unqualified terms, as most dangerous to human health. Dr. Richardson confirms these statements, and mentions, as effects of tobacco, "dilatation of the pupils of the eye, confusion of vision, bright lines, luminous or cobweb specks, and long retention of images on the retina."



13.—But if the habitual use of tobacco be absurd when viewed philosophically, it also involves the most serious consequences to the nation, physically, morally, and politically. Dr. Richardson tells us that the effects of this indulgence are hereditary—that the offspring of smokers are both physically and mentally degenerate—that tobacco is “stunting the national growth, deforming the national life, degrading the national intellect, and establishing a race which must necessarily possess a limited force, and transmit its own degradation to the next and the next generation.”

14.—The following is from a recent Manchester paper:—“Some remarkable evidence relating to the physical condition of the factory population was laid before the Factories and Workshops Commissioners by Dr. Ferguson, a certifying surgeon in the Bolton district. He affirmed, as the result of fourteen years’ observation as a certifying surgeon, that the factory population is degenerating. Since the end of last year he had passed children who, in his judgment, were unfit to work full time, although not incapacitated by disease or infirmity. He had taken note of their condition, and on meeting with the same children some three or six months afterwards he found that in many instances they had not increased in weight a single ounce. In others there had been a decrease of weight, showing conclusively that their physical powers were being overtaxed. The result was, that their growth was stunted, their strength impaired, and their life probably shortened. During the five years ending 1873, quite one-half of the children who came before him were unfit to work full time, and the numbers increased year by year. Dr. Ferguson does not ascribe these results to factory labour itself, but discovers one cause in the intemperate habits of the workers, who, debilitated by excessive smoking and drinking, transmit their own feebleness to their children. Other causes of degeneration are the modern practice of feeding children on tea or coffee, instead of milk, and the habit, which he says has been contracted by at least half the boys in factories between the ages of twelve and twenty, of smoking or chewing tobacco.”

15.—Indoor employments, bad food, and crowded dwellings, are given as causes of degeneracy of race. Dr. Rumsey, who read a paper on the subject at the Social Science Congress at Leeds, in 1871, mentions these causes, and gives due prominence to intoxicating liquor—but he makes no mention of tobacco. He quotes from Dr. Morgan the following description of large numbers of the population of Manchester:—“Their weak, excitable, irregular, and rapid circulations, cold extremities, blanched lips, bloodless cheeks, indicated to Dr. Morgan the impoverished state of their blood. Their

liability to neuralgia, and involuntary convulsive movements, showed an enfeebled nervous system. In others, again, the teeth are no sooner developed than they begin to decay, enlarged glands protrude from the neck, the skin looks dry and parched, the hair scanty and withered."

16.—It would be impossible to give a more graphic picture than the above of the victim of tobacco, even making due allowance for other deteriorating influences. The money worse than wasted in narcotics, if spent upon better food, better clothing, and better dwellings, would soon counteract those noxious agencies to which it is fashionable to attribute the evils in question. But so long as the morbid craving continues, so long will it be impossible to raise the people out of that squalid and unwholesome poverty in which so many are plunged. The nation may well tremble for its safety, when the muscles and sinews, and brain power, on which its wealth and its efficiency depend, are systematically trifled with in the pursuit of depraving indulgences.

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### CHAPTER III.

#### THE MEDICAL ASPECT.

17.—The extremely careful, and, on the whole, impartial researches of Dr. Richardson have thrown much light on the effects of tobacco. In his work on "The Diseases of Modern Life" he devotes three chapters to tobacco, and the picture he draws of its evil effects is a dark one. It is true that he doubts if tobacco produces organic disease; thus differing from many other distinguished writers. His only ground for maintaining this position is that he has not recognised such diseases in his practice. There is, however, no encouragement for smokers in this, even if it be the true position, for, as Dr. Richardson abundantly shows, tobacco aggravates every existing form of disease, and effectually prevents its cure, keeping up in the system, so long as its use is continued, complicated functional disturbances, which, in multitudes of cases, after embittering the later years of life, terminates fatally.



18.—Dr. Richardson thus summarizes the effects of tobacco. Smoking produces disturbances—

- (a) In the blood; causing undue fluidity, and change of the red corpuscles.
- (b) In the stomach; giving rise to debility, nausea, and, in extreme cases, sickness.
- (c) On the heart; producing debility of that organ, and irregular action.
- (d) On the organs of sense; causing defects of sight, as already pointed out, with analogous symptoms affecting the ear, viz., inability clearly to define sounds, and the annoyance of a sharp, ringing sound like a whistle or a bell.
- (e) On the brain; suspending the waste of that organ, and oppressing it if it be duly nourished, but soothing if it be exhausted.
- (f) On the nervous filaments, and sympathetic or organic nerves; leading to deficient power in them, and to over-secretion in those surfaces (glands) over which the nerves exert a controlling force.
- (g) On the mucous membrane of the mouth; causing enlargement and soreness of the tonsils—smoker's sore throat—redness, dryness, and occasional peeling-off of the membrane, and either unnatural firmness and contraction, or sponginess of the gums.
- (h) On the bronchial surface of the lungs when that is already irritable; sustaining the irritation, and increasing the cough.

19.—It will be observed that in this summary there is not a redeeming feature in the action of tobacco, except where it is stated to soothe the brain when exhausted. But this is only the semblance of a redeeming quality. It is the soothing effect of a poison, and can only be enjoyed by those who are lowering their vitality and keeping up an unhealthy state of every function by its habitual use. It could have no soothing effect on the healthy subject unused to its influence. It is a temporary relief of the same delusive character as all habitual narcotism, and is especially mischievous in diverting the attention from the true remedy, viz., careful regulation of the balance between the powers of the individual and the efforts he puts forth, and a studious regard of all the known conditions of health.



20.—The effect of smoking on digestion is thus described by Dr. Richardson :—"The bitter extract of which I have already spoken, and which so readily excites vomiting in the young smoker, appears to act at all times, with more or less violence, on the mucous lining. At first it produces great irritation, redness and injection; after a time the changes are subdued, but not entirely removed. The membrane secretes irregularly, and as a general rule does not produce the due amount of gastric fluid; hence digestion is impeded. After digestion an acrid fluid is left in the stomach, which irritates and gives rise to heartburn, eructations, frequent nausea; with an almost constant sense of debility in the stomach, and sometimes to cravings for particular foods, especially for those which have an acid reaction, such as pickles and fresh fruits. The muscular portion of the stomach is first acted on by the nicotine. In small quantities the nicotine excites a slight movement in the muscular fibres, not only in the stomach, but of the other parts of the alimentary canal, and in the moderate smoker's it acts as an aperient. Carried to excess it produces a palsied condition of the muscular fibres, leading to a great increase of debility in the digestive organs, to a serious impairment of their functions, and to constipation."\*

21.—Let not the smoker take any consolation from the reference to the aperient effect here mentioned by Dr. Richardson. Our bodies do not require daily doses of poison to secure the discharge of the natural functions. Whoever depends on such aid will surely suffer in the long run. The peristaltic action produced by tobacco is the effect of a poison! Partial paralysis of the nerves accompanies it and the consequence is disease. Hence, either constipation or uncontrollable diarrhœa is a common affection of habitual smokers.

22.—Of its action on the functions of the heart, Dr. Richardson says :—"There cannot be a doubt that inveterate smoking interferes very seriously with the contractile force of the central organ of circulation. No one can observe the influence of nicotine after its direct administration without feeling assured that it cannot be imbibed without inducing a paralysing effect on the heart, with irregularity of action and faintness. The conditions brought on by tobacco in this way are often developed suddenly, and last for many minutes, or even for hours at a time. The symptoms induced are characterised by palpitation, a sensation as though the heart were rising into the throat, a feeling of breathlessness and an unsupportable pain in the region of the heart. Pains of a spasmodic kind extend also to the muscles of the chest, and occasionally to those of the arms, especially the left arm."

\* "Diseases of Modern Life," p. 289.

23.—Of course the doctor takes care to tell us that this extreme affection is the result of immoderate smoking, and he thinks it possible that a single pipe a day may, in the case of a man who is overworking himself, “curb extra excitement, prevent over-action, and arrest the development of the heart.” This is dangerous advice for a man like Dr. Richardson to give. The benefit is to be obtained at a certain cost of evil. And how few will stop at the single pipe. Assuredly the multitudes who are suffering from heart-disease, induced by this very cause, need no encouragement in the dangerous practice. Besides, is it probable that an agent which produces the violent disturbance Dr. Richardson describes, can be beneficial as an antidote to an “unnatural degree of muscular exercise,” making “extreme demands on the pulsating organ that knows no rest?” The advice is as unphilosophical as it is dangerous and delusive. The proper remedy would be to abstain from “unnatural muscular exercise.” But if that be impossible, let no one be deluded by the idea, by whomsöever propounded, that even small doses of a poison like tobacco can counteract the mischief, and secure exemption from the operation of the inflexible laws of nature. Probably in such cases abstinence from tobacco would soon lead to such an increase of muscular and nerve power as would prevent the given amount of labour from being felt as extreme.

24.—Dr. Richardson doubts whether smoking is a primary cause of disease of the lungs, but his testimony is none the less decisive as to the injury done by it in aggravating and developing chest diseases, and arresting the process of cure. He says:—“When it is said that smoking is not a cause of the diseases to which attention is now being called, it is not also conveyed that when these diseases are once set up smoking does not aggravate them; nor that when certain efficient causes are at work to induce these affections, the use of tobacco does not lend weight to the result. I am convinced it does both these things, and I could quote example upon example where persistence in smoking has tended to sustain and confirm the malady. This is most true in regard to consumption; for consumption is a disease which, with hereditary taint often lying at the bottom of it, is capable of being excited by the long-continued inhalation of impure airs. It is a disease that is intensified when the sufferer from it inhales, in the smoke of tobacco, carbonic acid, and the various other products of tobacco smoke, the action of which is so injurious to the blood. There is also another way in which tobacco does harm to consumptive persons. There is never any affection of the lungs, never any arrest in the process of breathing, without some derangement in the digestion. Indirectly the stomach requires oxygen; and without oxygenated blood it fails to produce its digestive fluid. Fresh air gives appetite. Smoking, as every one knows, destroys appetite and enfeebles digestion. Consumption does the same, and one of the most common presages of consumption is indigestion. Such indiges-



tion, intensified by the act of smoking, adds, therefore, trouble upon trouble, and hastens that destruction which the disease of itself is sufficiently competent to enforce. For these reasons I have made it a rule for years past to insist that every consumptive patient should abandon the pipe and cigar, and I have found a rigid obedience to this rule worth many a formal prescription."

25.—But how infinitely better is prevention than cure! Considering the wide-spread tendency to consumption in this country, it is fearful to think of the immense amount of mischief that must be done by smoking, and of the multitudes in whom it is confirming and developing the fatal tendency. Dr. Brewer, who has written upon the effects of tobacco, mentions the case of a young man, apparently a confirmed consumptive. All the usual remedies were applied, but to no purpose. He became worse and worse. At length it was found that he was continuing to smoke the whole time. He was induced to abandon the cigar, and from that time recovery commenced, and proceeded rapidly.

26.—Dr. Richardson adds:—"In chronic bronchitis, in the ordinary run of cases, the use of tobacco is also injurious. The smoke acts as an irritant to the already irritable surface of the bronchial tubes; it keeps up cough; it increases indigestion, which in this disease as in phthisis, and for the same reasons, is a troublesome attendant; and it stands constantly in the way of successful treatment. I have seen many times a cough, following upon a cold, remain persistently in persons who smoke, and then immediately disappear when the smoking has been suspended."

27.—There is a humiliating sense of weakness in the apology that Dr. Richardson puts forward in defence of smoking that "single pipe" per day to which we have referred. Having asserted that it enables *habitués* to study, and soothes some of its restless votaries to sleep, he proceeds:—"It is not, however, necessary in accepting this argument, to accept tobacco as a requirement of the natural life. The excessive labours to which I have referred are altogether contrary to natural laws; for in this day we have run into the extreme of industry, and have carried our competition to the extent of folly. While, therefore, it would be implied that even to the natural man such adventitious aids as tobacco are unnecessary, it may be admitted that our social exigencies override our philosophies; and that as the individual man cannot by himself create a social revolution, *he may be pardoned if he is too often led to bend lowly to custom*, and seek in the unnatural conditions in which he is placed, unnatural, or perhaps, under the circumstances, I might almost say, natural remedies. For the most natural *remedies* are, in truth, unnatural measures, since they imply, in the *necessity* that calls for them, a primitive departure from nature."



28.—Never was a more specious though unconscious gilding of indulgence and folly put forward. Instead of counselling, as a wise physician, a return to nature as the only true remedy for the “folly” denounced, Dr. Richardson becomes the apologist for weakness knowing as he does, too well, the suffering and ruin entailed on individuals, on families, and on the community, by the insane resort to tobacco and other narcotics as a relief from the self-indulged evils that abound. The description of the inveterate smoker who cannot go to sleep at night without his pipe, is painful in the extreme, the more so from the veil of poetic diction in which it is sought to shroud the tremendous fact of his bondage to the narcotic. The attempt made to throw upon extra-exertion the blame that attaches to the slavery of bad habits is in equally bad logic.

29.—“They are excited,” says the worthy doctor, “and too tired for rest; the mind is chaotic, and revolving rapidly over passing events, revolving nothing long, and dissatisfied with all.” A truly humiliating picture, but graphically describing the state of the inveterate smoker. His will has become so childish that he cannot direct his thoughts, except to the one object of his desire, his darling pipe. He *must* have another or he cannot sleep. He gets out of bed, he indulges once more, and with the result—as described by the worthy doctor in the language of poetico-philosophical sensationalism—that “The pipe sometimes produces a soothing effect, causing *natural rest, partial oblivion of the past*, and a tendency to that *mental* sleep that ‘knits up the ravelled sleeve of care.’”

30.—Very “natural” indeed must be the sleep produced by a fresh dose of narcotic poison, and very refreshing doubtless the “mental rest” and “partial oblivion” resulting from the temporary stupefaction of the nerves produced by this seductive agent! Let men abandon all such unnatural habits, and square their lives by the rules of virtue and health, and cease to be the slaves of vicious customs, and they will have no need of tobacco to send them to “sleep o’ nights.”

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# CHAPTER IV.

## EFFECT ON THE INTELLECTUAL POWERS.

31.—From the influence of tobacco on the brain and nervous system, we may be prepared to find that it is injurious to mental power. It weakens the memory in a very marked manner. Instances are on record of persons whose memory had almost entirely failed, and who had it restored simply by abstinence from tobacco.

32.—The idea that smoking is helpful to wholesome and vigorous thought is one of the emptiest of delusions. It only proves the humiliating bondage to which the smoker has reduced himself. It is a libel on the Creator and of the intellectual powers of man, to suppose that habitual doses of narcotic poison can be required for the performance of the legitimate functions of the brain. Every one who knows what real study and honest application are, knows that the plea is nothing better than a pitiful self-deception.

33.—The effect of smoking on mental capacity was strikingly illustrated by the observations of M. Bertillon on the pupils of the Polytechnic School in Paris. Of 160 pupils in 1855, he found that 102 were smokers, and 58 were not. From their positions in the examinations, the following result was obtained:—

	Smokers.	Non-smokers.
Of the 20 who stood highest there were	.... 6	..... 14
.....Next highest	.... 10	..... 10
....." "	.... 11	..... 9
....." "	.... 14	..... 6
....." "	.... 13	..... 7
....." "	.... 15	..... 5
....." "	.... 16	..... 4
....." "	.... 17	..... 3
	-----	-----
	102	58

34. — The lowest forms were thus seen to be composed mainly of smokers. As the grade rose, however, the non-smokers steadily ousted them until in the highest form only thirty per cent. of the successful students were found to be smokers. M. Bertillon also discovered that the mean rank of smokers, as compared with the non-smokers, deteriorated from their entering to their leaving school. The impression made on the French Government by these and kindred results of their investigation is seen in the fact that in 1861 the Minister of Public Instruction in Paris issued a circular addressed to the directors of the colleges and schools throughout the empire, forbidding the use of tobacco and cigars to students; giving as a reason, that "the physical as well as the intellectual development of many youths has been checked by the immoderate use of tobacco."



## CHAPTER V.

## SOME COLLATERAL EVILS OF SMOKING.

35.—There are many smokers who do not drink intoxicating liquors, but they are, nevertheless, exceptions to the general rule. The all but universal testimony of medical men and of the public is, that smoking leads to drinking. There is even a proverb, that “smoking is sauce to drinking.” The drinking customs are so associated with the practice of smoking, that one continually tends to promote the other. The connexion between “the pipe and the pot” is notorious.

36.—The fact is recognised and explained by “A Physician” in an able article recently contributed to the “People’s Friend.” He says, speaking of tobacco:—“Its action on the salivary glands is instant. In the experiment I alluded to, I secreted  $1\frac{1}{4}$  oz. avoirdupois (of saliva) in an hour’s time. As a result of this effect, tobacco dries the throat and tongue—nay, in some cases it produces inflammation and ulceration. This phenomenon’s import has not been sufficiently noted. Simple though it may appear, upon it depends one of the deadliest of the dangers of tobacco. We are not aware that this has been observed previously,\* but from our own observation we have no hesitation in saying, this is the great and melancholy stumbling block which makes thousands and tens of thousands graduate from smokers into drinkers. The dryness of the tongue, and the thirst, in myriads of cases suggest alcoholic drinks. The desire on the part of the smoker is increased by the peculiar depression which tobacco engenders alike on body and mind. The body being invaded by one narcotic is a prey to another. Tobacco makes the breach, and alcohol too often follows with the grand attack. The one is the pioneer of the other. Pipes and cigars are the Uhlans of intemperance. The pipe and the punchbowl pretend to no relationship in daylight. In darkness they are brothers. In their orgies they are hand in hand—arm in arm. They pass each other openly with a knowing wink, but in secret they are in partnership. The pipe, indeed, is the gate to the great hall of narcotism. It is possible to be at the gate without entering, but how great is the temptation! Thousands, of course, matriculate into pipedom without graduating into alcoholism; but of drinkers do we find one but smokes? The pipe, indeed, is the punchbowl’s helpmate—it affords one an appetite for drink, it strengthens the narcotism. Two

\* This observation has been made by many other writers.



strings are stronger than one. Take a peep into our bars and drinking saloons, and behold how tipplers are flourishing the glass in one hand and the pipe in the other. The publican knows full well the intimate relation between the two, and hails tobacco as his strongest ally—as the caterer of new custom. Accordingly, he encourages smoking in every room. Nay, every publican is a tobacco-conist—cigars, pipes, and tobacco allure the eye in bars as much as the beer-barrel. ‘Smoke on’ means ‘drink on.’”

37.—This view of the connexion between drinking and smoking is confirmed from various independent sources. The statistics of a whole county of Good Templars showed that the smokers were fully seven times more liable to break their obligation than the non-smokers. A Temperance reformer of many years’ standing, who had never heard the above statement, recently informed the writer that he had himself taken note of the cases, in one of our largest towns, and he had found that more than forty out of fifty of those who broke the pledge were smokers.

38.—There is another evil that especially attaches to juvenile smoking. It often introduces to bad company boys whose education, but for this practice, would have preserved them from contamination. Many boys learn to smoke and chew tobacco, long before they venture to frequent the public house. They are compelled to keep their smoking secret, because they know that their parents strongly object to it. The very fact of their thus acting contrary to parental authority keeps up a state of habitual disregard of that authority, and a fear of detection, which renders home less attractive, and form a barrier to frank and loving intercourse between the boy and his parents and sisters. A distaste for elevating pursuits is engendered, and thus he is drawn more and more towards depraving society. A furtive pipe by the roadside, or under a hedge or haystack, very naturally leads to a furtive visit to the public-house, and there the ruin is accomplished. At length the secret is revealed to the sorrowing parents—the turning point in the boy’s destiny has arrived. He may be induced to listen to loving remonstrances, and abandon evil habits before their mastery is supreme; but the probability is, that he will now resent parental control altogether, and abandon himself without reserve to evil courses. On the contrary, if the youth had manfully resisted the fascination of the pipe, his company would no longer have been sought by evil companions. His capacity for elevating pursuits would have remained unimpaired, and by ordinarily judicious training he might have become an ornament to his family and a blessing to the world.

39.—Smoking not only leads boys into habits of deception ; it often prepares the way for a career of crime. Boys who smoke often help themselves without permission to their smoking father's tobacco, or to that of men with whom they are employed. They very often pilfer from their employers the means to buy it. The testimony of governors of reformatories and prisons abundantly confirms this statement. The governor of a reformatory at Blackley, near Manchester, stated that out of fifteen boys who were admitted after the opening of the institution, twelve had been smokers, and eight chewers. Ten confessed to having either stolen tobacco, or money wherewith to buy it. Mr. Joseph Tucker, a retired London warehouseman, whose firm made an annual return of more than £500,000, declared, "We never had an act of fraud in our establishment which was not traced to a smoker." It was aptly remarked by an American statesman, "He would not say that all smokers are blackguards, but he never knew a blackguard who was not a smoker."

40.—The connexion between tobacco and strong drink is not more intimate than its connexion with other and still more depraving forms of licentiousness. Tobacco lessens physical health and destroys manly power it is true, and in some cases occasions complete impotence ; but at an earlier stage of the indulgence it increases the morbid desire for sensual pleasure. It produces an irritable state of the nerves, and an incapacity for higher enjoyments, that naturally drive their victim for relief to depraving indulgences. Hence the intimate connexion known to subsist between smoking, drinking, and unchastity. The tobacco shop, the drink shop, and the house of ill-fame form a triple unholy alliance. The once innocent youth is not usually introduced by his hardened comrades to the last of these resorts, until he has been prepared for the complete overthrow of his virtue by the influence of drink and tobacco. The temptations and the facilities to this career of vice are to be found on every hand. The places of resort where all this ruin is accomplished, are adapted alike to the capacity of the most wealthy and to that of the poorest.

41.—The enormous increase of wealth which modern enterprise has produced brings with it perils peculiarly its own. The lowest forms of vice are gilded and disguised by all the refinements of art and luxury. Vast multitudes of our educated young men are spending their time and money in a way that unfits them for all manly effort either for their own or their country's good. The baneful influence spreads in every direction, and leavens society even up to the halls of parliament. Assuredly the smoke-room is not the place, and the dreamy stupefaction of tobacco is not the agent, for cultivating that honest, straight-forward, manly intelligence and conscientious-



ness that we should look for in the legislator. In the tendencies of recent legislation there are unmistakeable proofs of the extent to which luxury and its cognate vices are threatening to sap, not only the physical stamina, but the morals of the nation. The unblushing defence of the Indo-Chinese opium traffic; the legalization of vice in the interests of libertinism, by means which unwarrantably interfere with the rights of defenceless women; and other similar measures; are calculated to fill thoughtful men with alarm. The national conscience and the national arm are alike being paralysed by narcotic indulgence. British legislators must be made of sterner stuff than the emasculated devotees of the smoke-room and the cigar divan, if England is to retain her place among the nations and avert impending disaster.

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## CHAPTER VI.

### THE SOCIAL MISCHIEF INFLICTED BY SMOKERS.

42.—Not only do the devotees of tobacco violate the laws of health in their own persons, and inflict grievous bodily and mental evils on themselves, but they are not more careful of the comfort and happiness of others than of their own. Hence we find them continually setting at defiance the laws of good taste and politeness, and rendering themselves a nuisance to others. The exhalations from the body of a habitual smoker are most disgusting to a person whose senses are pure and healthy. Smokers can have little idea of the tax they impose on the forbearance of others, by carrying about with them an odour and an atmosphere so offensive. The unfeeling selfishness of an otherwise good husband and father who will persist in thus presuming on the forbearance of a pure and virtuous wife and lovely children, is a marvel which only the intense slavery of the pipe can explain. According to Dr. Edmunds, delicate women are often kept in a state of ill health by the poisoned air they are compelled to breathe, and infants in the cradle have actually been put into convulsions by the nicotine with which the father's unnatural and selfish indulgence has charged the air of the apartment.

43.—The smoker is unconscious of this. So absorbing is the propensity, that, though discouraged at home, the craving for the indulgence triumphs over the domestic affections, and hence the wife endures a practice which fills her house with vile odours lest the man of her choice should, if not thus tolerated, desert his home, and fall into evil associations that might prove his ruin. How hard is it for smoking husbands and fathers to awake to a sense of their responsibilities, and rise to a height of virtuous self-denial adequate in this matter!

44.—The laws of hospitality are seriously infringed by the practice. Many a man who in other respects would be welcome to homes of purity and loveliness and intellectual culture, is voted a nuisance and kept at arm's length, because it is understood that "whoever invites him invites his pipe." In arranging for ministerial and other conferences, the purest and happiest homes are often closed against the smoker; many families consenting to receive a stranger only on the condition that he shall not be a votary of the pipe. A smoking minister travelling in America once asked for accommodation for the night at a strange house. The mistress of the house refused his request. He remonstrated, reminding her that she might be refusing an angel. The conclusive reply was, that "angels do not smell of tobacco."

45.—Smokers often become a burden to their families by the disease and consequent helplessness that they bring upon themselves. Would that our boys and young men could be induced to think of the consequences, before the depraving practice is begun. A truly manly spirit would lead them not only to avoid annoying others while in health, but to use all possible means to preserve that health; so that instead of becoming needlessly a charge upon others, they may be strong to minister to their welfare and happiness. What must be the reflection of a young man when rendered helpless by self-induced disease, if he has a vestige of true manliness left?

46.—The votaries of tobacco are usually conspicuously selfish in other ways. In railway travelling they render themselves a perpetual nuisance. Not content with the compartments devoted to their use, they in many cases frequent others, not liking the odour of stale fumes. If remonstrated with, they too often reply with abuse; giving thus an additional proof of the depraving selfishness the practice engenders. Some smokers may think this rather hard upon them, and may disclaim all intention to thrust the offensive practice upon others. But it is impossible to avoid it in a greater or less degree. A man tells you he never smokes but at night, in the seclusion of his own home. But you meet him in the morning and you find him redolent of his idol. All are not equally inconsiderate of others, but



no possible care will prevent the smoker from becoming more or less a nuisance. The gratification is essentially lowering in its nature, derived as it is from repeated abuse of nerve. To the pure and healthy mind, the very idea of such a source of pleasure is disgusting. Its enjoyment by men of culture and character only proves the paralyzing effect of evil habit. We do not say that the man who indulges is therefore not good, and conscientious, and intelligent, but we maintain that whatever be his virtues, he is living below the privileges of his manhood, marring the beauty and integrity of his character, lessening his own capacity for true enjoyment, and exerting by his example an evil influence, the amount of which can only be measured by the extent to which his good qualities render him worthy of imitation. He is not as Christ-like as he might be.

47.—Let any young man resolve that by God's help he will be as good, as pure, as virtuous, as useful, and as polite as it is possible for him to be, and by this standard let him test all the customs to which he is invited to conform; and he must, if he is honest, come to the conclusion that any indulgence in tobacco would be hostile to his grand purpose in life. Let those advanced Christians who wish their influence to be wholly on the Lord's side, make the same comparison, and they must come to the same conclusion. It is only because men live below their privileges and tolerate that which their better nature condemns, that smoking is possible among Christians.

48.—Another of the collateral evils is the injurious effect of the poison on the persons employed in its manufacture. The following statement made in a recent lecture by Dr. Drysdale, Senior Physician to the Metropolitan Free Hospital, ought to make every smoker resolve that rather than encourage a trade that involves so much suffering and waste of life to producers as well as consumers, he will abandon the practice for ever. No person of right feeling could be content to enjoy any luxury at such a cost of suffering to his fellows:—"Dr. Kostrál, physician to the Royal factory of tobacco at Iglau, (*Ann. d'Hygiène*, pub. 1871,) brought before the Medical Society at Vienna in 1871, some statistics in relation to the workers in that government tobacco factory. It seems that there are 1942 of these workers, of ages from thirteen to fifty-six years. They are only taken into the factory if likely to live there for twenty years. The workshops are well arranged and ventilated; but during their ten hours of work, the operatives are exposed to an atmosphere charged with the dust of tobacco and the vapour of nicotine. This is found to be especially noxious to young workers recently entering, or to those convalescent from sickness. Thus the majority of deaths among the children and work-girls in the first month is attributable to narcotic poisoning.

Of a hundred boys from twelve to sixteen, recently entering the works, seventy-two fell sick in the first six months. Their sickness lasted from two to twenty-eight days, and consisted chiefly in congestion of the brain, different nervous affections, pains in the region of the heart, palpitation, pallor, inflammation of the stomach, intestines, and lining membranes of the eyelids, with fever, lassitude, cold sweats, want of appetite and sleeplessness. Some kinds of tobacco, very rich in nicotine, are found very hurtful to the workers in the Iglau factory. Ulcers on the limbs follow such poisonings: and old workers in the factory have a yellowish hue and white gums, with the color of tongue and flabbiness of that organ which Erlenmeyer describes as peculiar to smokers. The work-girls have frequent perturbations in their menstrual functions, and are frequently affected with chlorosis (green sickness). Among the mothers there is often noticed inflammation of the breasts, and the milk has a marked odour of tobacco. Abortions are common among these women. Of 506 births which took place in three years, Dr. Kostrál found that 11 children were born dead, and 206 of them died afterwards. Of these, 101 died of disease of the brain, with convulsions; 110 died in the first three months of life; 160 during the first six months; and 181 within the first year. It was a notable fact that the majority of these deaths among infants occurred from two to four months old, at the time when their mothers recommenced work, and gave their children milk impregnated with nicotine."

49.—The man must be strangely deficient in human sympathy, who can continue to enjoy tobacco in any of its forms, after reading such a recital of suffering and waste of life, entailed upon youths and maidens, mothers and infants born and unborn, in order to provide him with his unnatural luxury. It reminds one of the burning words of Cowper:—

"I would not have a slave to till my ground,  
To carry me, to fan me while I sleep  
And tremble when I wake, for all the wealth  
That sinews bought and sold have ever earned.  
No! dear as freedom is, and in my heart's  
Just estimation prized above all price,  
I had much rather be myself the slave  
And wear the bonds, than fasten them on him."

50.—True politeness and kind consideration for the comfort and happiness of others, are among the most beautiful features in a young man's character. Like a beam of sunlight, the youth distinguished by these qualities, radiant and joyous himself, spreads comfort and happiness wherever he goes. His very presence is a blessing. Smokers little dream how much of pure joy they sacrifice themselves, and how many opportunities they throw away for making others happy by placing their affections on the enslaving weed.



## CHAPTER VII.

## THE ECONOMIC ASPECT.

51.—An essential element in the formation of a noble and well-balanced character in our young men, is a due estimate of their responsibilities with regard to the use of money. Like health, money is a talent for the use of which a strict account will one day have to be given. Money is a power for good or evil; and on its right use much of our well-being and happiness depend. Not only is the money absolutely wasted that is spent on tobacco; worse than this, it is spent in the encouragement of vice and depravity. Sixteen millions of pounds sterling are spent annually in this kingdom alone on this indulgence. The land occupied in the production of tobacco, and the labour spent upon its culture, transport, manufacture and sale, are so much withdrawn from the production of necessities and comforts, rendering every other commodity more costly, and thus entailing needless privation and suffering upon the poor.

52.—Think of the same money spent upon better clothing, upon more abundant and better food, upon furniture, books, and pictures, presents for wife and children, and contributions to the cause of God and humanity. The money consumed in tobacco would, if rightly spent, give an untold impulse to commerce, education, and religion. How many young men have thus wasted the money that would have bought them a library of the best and most entertaining authors! The time spent in smoking and dissipating associations, if devoted to useful reading, would have stored their mind with knowledge, and given an expansion to their higher nature that would have made them ornaments of society and ministers of blessing. How many a man might have bought the house he lives in if he had invested in a building society the money he had squandered in tobacco and drink!

53.—The existence of so many debauched and ruined young men from every grade of society is one of the most painful and humiliating features of our times. Young men abound whose instincts have been perverted by vicious teaching, before they could have any proper idea of the great purposes of life, and to whom this vice of smoking was the first step in the career of dissipation and folly which has caused society to cast them out as useless and beyond the possibility of reform. Others whose instincts were naturally depraved, and who required to be specially guarded from contamination, have found in smoking and its concomitant evil associations exactly the soil and the atmosphere suited to the development of their chief weakness and their worst habits.

54.—Smoking tends to destroy the very inclination to do good. A young man, a member of a Christian Church, when asked to contribute to foreign missions, pleaded the smallness of his means as an excuse. On being questioned, however, he was compelled to admit that he spent two shillings a-week in cigars. Well may the cause of Christ languish, and the prayers and labours of His people bear little fruit, when many of those who work and pray are cherishing an idol which stupefies the senses, depraves the affections, and lessens the capacity for exertion, and at the same time drains those very resources which, if higher claims were duly regarded, would be put to far different uses. There is direct guilt involved here. The money spent by some Christians in this one pitiful indulgence would help to flood the world with Bibles and send missionaries to thousands still unblessed by the sound of the Saviour's name. The power of the truth, both at home and abroad, if proclaimed and lived out by a Church free from the slavery and the curse of narcotic sensualism, would be increased a thousandfold. It is a notorious fact that in all heathen countries the greatest hindrance to the spread of the gospel is the besotted state of the people, brought about by their addiction to narcotic and vicious indulgences.

55.—The precious time wasted in smoking is also a very serious consideration. Smokers say that they lose no time by the practice; another melancholy proof of the completeness of their delusion. It has been calculated that a snuff-taker, in forty years, will have spent four years in the practice—two years in cramming the powder up his nostrils and two years in blowing it out again! This is nothing, however, in comparison with the time that is thrown away in smoking. One of the arguments of smokers is that it “helps to pass time,” or as some of them ominously express it, “to kill time.” It is quite certain that the practice induces a dreamy state of morbid contentment, which takes away the inclination for useful pursuits, and renders its votary indifferent to his highest good. Time is a talent far beyond our power to estimate. Whatever tempts us to waste it, or renders us indifferent to its flight, or lessen our inclination and power to use it for the noblest of purposes, must be an evil of no common magnitude. Such, in a most emphatic manner, is the practice of smoking tobacco.

56.—Young men should take warning, and resolve by God's help never to begin a practice so unnatural, mischievous, and expensive; and which, as life advances, as habits grow stronger and the bodily powers more feeble, and less able to resist the influence, increases the urgency of its demands, in proportion as the power of resistance diminishes; until the most pitiable slavery is established, and an otherwise noble life goes out in clouds and gloom. One minister is mentioned who assured his friend that he had “wept like a child when



putting a quid of tobacco in his mouth, under the sense of degradation and bondage to this filthy habit." Another had many a time dashed his pipe on the ground and declared solemnly that he would never smoke again, to yield as often after an ineffectual struggle of two or three days. The number of such cases, and their humiliation, is fearful to contemplate.

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## CHAPTER VIII.

### MORAL AND SPIRITUAL INJURY FROM SMOKING.

57.—It is the peculiar feature of habitual narcotism that, by a species of infatuation, it leads its victim to seek, in repeated doses, relief from the ennui and depression caused by previous indulgence. The uneasy, restless craving, in fact, that leads the smoker to long for his pipe, and the snuff-taker or chewer for his customary pinch or quid, is neither more nor less than the irritation induced in the system by previous doses of the poison. This irritation, like a repeating echo, becomes gradually fainter and fainter as the length of the interval is increased; and would the victim only hold out determinedly till it died away his emancipation would be complete.

58.—It is a terrible wrong done to an unsophisticated youth when he is tempted by others to learn to smoke. The man or the boy who can thus trifle with the health, the comfort, the character, the welfare for time and eternity, of one of these young candidates for the honours of a noble manhood, and the joys of a virtuous life and a happy eternity, is little better than a fiend in human form. Words fail to express the sense of wrong that a truly tender and virtuous father feels instinctively, at the thought of his promising, bright-eyed, intelligent boy being tampered with, made the willing instrument of his own degradation, and the destroyer of his glorious capacity for the future.

59.—It would be well for the Church and for the world, if veteran Christian smokers could be roused to an adequate sense of their responsibility and their guilt. Their example is all-powerful. So long

as older persons smoke, boys and youths will follow their example. Boys are largely endowed with the faculty of imitation. This is a faculty of immense value, when rightly directed, in preparing them for future duties. But when the examples set before them are wrong, the consequences are disastrous in the extreme. Children naturally look up to their parents, and think that whatever they do must be right. Actions speak louder than words. The father who trifles with his own best nature cannot raise the son to a higher moral tone than his own. Even when precept and example unite their forces on the side of virtue, there is difficulty enough in securing a right course on the part of children. But if, in any respect, the father allows himself to do what his conscience and better judgment condemn, his influence for good over his boy is lessened, the keen discrimination of childhood detects the inconsistency, the father's self-respect is impaired, and the consequences may be disastrous. The anguish caused to a loving parent by the ruin of his child must be terrible, even when he has conscientiously done his duty. What must it be, when he has himself to blame for the evil bias of his example?

60.—The same reasoning applies to teachers, to guardians, to ministers, and, indeed, to all Christians. We are answerable for the influence of our example on the young. No sophistry can shake off this responsibility. Smoking is, at best, a "lust of the flesh;" an artificial mode of prolonging mere sensation at the expense of vital force that was given us for other uses. It is an indulgence, the very opposite of that manly self-denial which Christ sets forth as the entrance-gate to the narrow way that leads to his kingdom, and which he enjoins as an essential condition of discipleship. It lessens the disposition for active exertion, and encourages a languid, listless, dreamy state, fatal to that watchfulness which is the Christian's highest privilege and duty. "It cries Peace, Peace, where there is no peace. It preaches contentment where the divinest duty is discontent and *laissez faire* where everything requires undoing."

61.—Great responsibility rests upon all whose business in life is that of the education of youth. In school and college the depraving indulgence prevails to an alarming extent. It is true that many schoolmasters not only abstain themselves, but strictly prohibit the practice in their establishments; but it is also true that some school proprietors and teachers are inveterate smokers, encouraging, by their example, the boys under their care and even winking at their indulgence. How will they answer for the injured health, the lowered moral standard, and the evil tendencies thus occasioned in those to whom, for the time, they stand in the place of parents?



62.—Christianity presents the highest and purest standard of conduct that the world has ever seen. It involves the culture of whatsoever things are “pure, lovely, and of good report.” Such is not the practice of smoking tobacco; and Christians know that it is not. The more of the spirit of Christ man has, the more clearly must he feel the incompatibility of that indulgence with his high calling. And yet, alas, how many Christians lower the tone of their spirituality, lessen their peace and joy in believing, and bring haziness on their spiritual vision, and a diminished sense of union with their God and Saviour, through this ignoble indulgence. We know this to be so, because hundreds of Christians have made the confession; especially those who, having been enslaved for a number of years, have at last been enabled, through Divine grace, to conquer their besetment—to shake off the coils of depraved habit, and to become men once more.

63.—What must be the effect of the smoking Christian’s example on the world outside, and on young people connected with our churches and Sabbath schools? If the minister smokes, the Christian parent, the church officer, the Sunday school teacher, surely the practice cannot be so very wrong. So boys reason, and so the world outside reasons. The writer once remonstrated with a boy who was smoking, and was immediately met by the enquiry, “don’t some ministers smoke?” Another boy, when an anti-tobacco tract was presented to him, promptly replied—“You should take them to the church-goers.” The sophistry by which veteran smokers delude themselves into believing that they have a liberty, to which younger people are not entitled, of depraving self-indulgence, is too hazy for the keen sense of consistency that distinguishes unsophisticated youth. Terrible is the woe pronounced by our Great Master against those who cast stumbling blocks in the way of his “little ones”; terrible the responsibility of those parents and Christians who, by their example in this demoralizing practice, encourage the young people that surround them. Powerful must be the charm of this pernicious weed, and stupefying its effects on the conscience and the affections, when it thus renders the professors of the self-denying and benign religion of Jesus indifferent to the effect of their own example on our precious youth. Feeble, indeed, must be that love to Christ that is not strong enough to obtain the mastery over this vile species of slavery! Glorious is the sense of freedom enjoyed by those who, awakened to a fresh sense of their responsibility, summon, for a decisive effort, the latent powers of their manhood, shake off the stupor of past years of indifference, break the bonds that bind them, and stand erect once more, free men in Christ Jesus, to rejoice, as no votary of narcotic indulgence can do, in that glorious moral and spiritual freedom with which the truth makes free.

64.—Happy will be the day for our country when Christian patriots take up this question with the fixed determination that they will never allow it to rest until the united voice of all Christian communities is lifted up in stern protest against the habitual use of narcotics, and measures are inaugurated that shall deter both old and young from the snare; thus adding incalculably to the forces now in operation for good, and removing one of the greatest hindrances out of the way of the coming of that time when all evils shall be abolished, when “they shall not hurt nor destroy in all my holy mountain: for the earth shall be full of the knowledge of the LORD, as the waters cover the sea”—a day that cannot possibly come so long as brain, and body, and conscience, are narcotised by tobacco, even though all other impediments were removed.